



# THE LAWRENTIAN

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## Lawrence International Cabaret celebrates art and culture



**Wenshu Wang**  
Staff Writer

The Lawrence International (LI) annual Cabaret performance “An Odyssey of Cultures” was held in the Stansbury Theater last weekend. The two showings were held on Saturday, Apr. 6 at 6:30 p.m. and Sunday, Apr. 7 at 3 p.m. Cabaret 2019 featured a celebration of dances, songs, arts and cultures from all over the world in two acts.

According to the pamphlet provided to the audience, “LI is one of the largest student organizations on campus with over 350 members. For the past 43 years, it has worked towards increasing awareness and integration of international cultures within the Lawrence and Fox Cities communities.”

The theme of Cabaret 2019 was “An Odyssey of Cultures.” Inviting members of the audience to discover something new, LI intended to “embark on a short voyage on our ocean of uniqueness, and to remind ourselves of the coexistence of our differences.” LI hoped that everyone would have unearthed new destinations on their own maps of the world after the Cabaret.

Yidi Zhang, the President of LI, acknowledged the 2018-2019 LI Executive Board. Then, the mic was handed off to three emcees:

seniors Robert Meiser, Rufino Cacho and Thao Nguyen. After they heated up the stage with a song, the show officially started.

The first performance was “Chande Re,” which means “Moon Song.” It is a beautiful lullaby from the Indian state of Rajasthan of a woman attempting to coax the moon to smile. A solo dancer told the story of the lyrics through an Indian classical dance with accompaniment.

Tien Tran and Linh Le then sang a song from a music genre popular among young Vietnamese people. The song was titled “Vo Tinh,” which means “ruthless” or “by accident.” This song was combined with EDM and Vietnamese folk song melody.

Representing modern German culture, “Berlin Berlin” was performed next. After that, Ramisha Mahiyat dedicated a Bengali traditional song to cherish the golden moments in our life. The first act ended with a K-pop dance, which focused on the third generation of Korean pop dance culture.

After the intermission, the second act started with a song titled “Long Lasting Love.” The performers recomposed a traditional Chinese opera and combined it with modern rock music. Another Chinese cultural performance was a martial art dance. It is a “type of gymnastics that combines the basic martial skills and rhythm.”



**Above:** One of the Waseda dances was performed by students using fans and umbrellas.  
**Below:** Students performed a Chinese martial arts dance.  
**Photos by Sarah Navy**

Students from the Netherlands sang a song titled “Lef,” which means courage. Different dance styles were performed in a Waseda dance, including “Wotagei,” “koto” and a modern dance. After a Croatian song titled “Ima jedan svijes” (translation: “there is this one world”), the second act ended with a Vietnamese dance,

“Farmer’s Dream.”

Fashion shows were included in both acts. Student representatives from Chile, China, Ecuador, Indonesia, Japan, Ethiopia, Korea, Nepal, Pakistan, Vietnam and Sierra Leone wore traditional outfits to show their cultures.

All participants were allowed to perform in acts that were from

a culture outside of their own. Students with or without international backgrounds were welcomed to perform on the stage. Cabaret has become an event synonymous with the exchange of cultures, traditions and values. It is also an event that works at making Lawrence a more diverse and inclusive campus.



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Antarctica

European scientists have gotten the go-ahead to begin drilling for an almost three km long ice core, which could give the oldest climate record ever retrieved with a continuous record going back approximately 1.5 million years. The site for the project was announced at the European Geosciences Union General Assembly, and will be approximately 40 km southwest of Dome Concordia, a Franco-Italian research station. The expected timeline for the project includes five years for extraction of the ice and one year for examination. The project will commence this December and will involve researchers from 14 institutions and 10 countries. (BBC)

World News

Compiled by David Baldwin

Libya

The only functioning airport near Tripoli was targeted by Libyan general Khalifa Haftar's forces, the self-proclaimed Libyan National Army (LNA), on Monday in an airstrike that the UN-backed Government of National Accord (GNA) called a war crime. The UN indicated that over 3,000 people have been displaced due to the recent fighting between GNA and LNA forces. The Libyan Ministry of Health stated that so far 21 people have been killed and 27 have been injured in the conflict. The UN reiterated calls for an end to the fighting, particularly citing humanitarian concerns as emergency services have been unable to reach civilians caught up in the conflict. (CNN)

Israel

Election results spurred controversy in Israel on Tuesday and Wednesday as exit polls showed a near tie between the right-wing Likud party of current Prime Minister Benjamin Netanyahu and the centrist Blue and White alliance led by former military officer Benny Gantz. Both men have claimed victory in the election based on the exit polls, which are far from conclusive, as they have been known to be inaccurate in predicting past election results. While neither party would control a true majority in parliament, it is predicted that either could form a coalition, the only type of government Israel has known, as no party has ever won a majority. (BBC)

Sudan

Violence erupted in Sudan on Tuesday as part of ongoing demonstrations in the capital Khartoum. Protests have been ongoing since December when the government increased prices for bread, going from one Sudanese pound to three (or \$0.02 to \$0.06). Since then, the protests have become political, as protesters have called for an end to the 30-year reign of President Omar Al-Bashir. The violence on Tuesday left over a dozen protesters dead and numerous others injured, including members of security forces. The organizers behind the protests have called on the international community to step in, prompting a statement from the U.S., Britain and Norway calling for the Sudanese government to deliver a plan for transitioning political power in the country. (NPR)

Tweet of the Week

"I started doing the nytimes crossword everyday so yeah, folks are calling me a monocle ass bonjour college college oaky white wine no crusts on the pb & j ass bitch"

-@rachelpegram

LEDS hosts "Collaboration vs. Cooperation" summit

Molly Ruffing  
Staff Writer

In order to encourage discussion among students, faculty and staff, Lawrentians Enhancing Diversity in the Sciences (LEDS) hosted a summit titled "Collaboration vs. Competition." This summit was held in the Esch Hurvis room of the Warch Campus Center at 5 p.m. on Tuesday, Apr. 9.

This event included discussions and data interpretation from recent surveys, specifically the 2018 Campus Climate Survey as well as the latest Student Welfare Committee Survey. The major takeaway of the campus climate survey was that 34.3 percent of the students who filled out the survey did not feel emotionally supported at Lawrence.

The Student Welfare Committee Survey dealt with issues centered around the "busyness Olympic issue," as it was referred to at the summit. Questions were relevant to competition, group work and learning styles.

According to student leaders of LEDS, "Busyness Olympics does not care about major. It affects all of us, our mental health and ultimate-

ly our happiness." Approximately 110 students filled out the survey, which is roughly 10 percent of the student population.

Results of the survey also revealed that 83 percent of student responses showed that their purpose in studying was to learn. These results show how students have "an intrinsic desire to learn," and according to the student leaders, "It is important to keep holding on to what makes us Lawrentians."

Although the results showed that many Lawrentians are truly interested in learning, more than 50 percent of the students who took the survey said they view Lawrence as a competitive community. In addition to this feeling of competition, more than 50 percent felt external and internal pressure to be busy all the time.

In terms of learning styles, the survey revealed that many Lawrence students do value a collaborative learning environment, but most of the students actually prefer to work alone. The results also showed that professors motivate many students to learn. Despite the smaller percentage of people who reported feeling marginalized at some point in the

classroom, leaders of LEDS stated that this number should be much smaller and preferably zero.

With this information in mind, tables were encouraged to participate in open and honest dialogue in response to the prompts given to their respective group facilitator. Groups were then given approximately 20 minutes to discuss each prompt before moving on and eventually joining all together as a larger group once again.

Prompts included stories and questions about several different topics: "Grades and Competitive Studying," "Student Organizations and Collaborative Learning," "Busy Olympics and Competitive Anxiety" and "Group Work and Competition."

These topics lead to discussions across tables about how students, faculty and staff can respond to these results. Some participants mentioned the small nature of campus and the residential atmosphere, which could potentially be amplifying the competition by having students so near each other.

Others discussed alternative grading and teaching methods as well as group collaboration efforts. The "AP Culture" that comes from many high schools and graduate



STEM faculty members and students discussed issues within their community at the summit. Photo by David Baldwin.

school preparation were contributed as stressors that evoke competition amongst students.

To learn more about LEDS, members of the Lawrence community can attend the group's meetings at 5 p.m. in Sabin House. Meetings are open to students, staff and faculty to foster dialogue with respect to different perspectives. LEDS is also hosting a community conversation, "Let's Talk About Time," that will occur at vari-

ous times throughout the week of Apr. 15.

On Monday, Apr. 15, and Thursday, Apr. 18, the conversation will be held at 4 p.m. in the Sabin House living room. On Tuesday, Apr. 16, the talk will occur at 7 p.m. in the Meade Witter Room of Warch Campus Center. The final opportunity to participate in the community conversation is on Friday, Apr. 19, at noon in Harper Hall.

PHOTO FEATURE:  
ARTIST-IN-RESIDENCE MURAL

Photo by Hannah Burgess



Matika Wilbur, the creator and director of Project 562 has been on campus since last Friday for a week-long artist-in-residency. Wilbur's work has included the creation of a mural on the Buchanan Kiewit Wellness Center celebrating local tribal communities. Wilbur delivered a Convocation on Thursday which will be highlighted in next week's issue, along with the completed mural.

LUCC hosts student welfare town hall

McKinley Breen  
For The Lawrentian

On Thursday, Apr. 4, Lawrence University Community Council (LUCC) and the Student Welfare committee hosted a town hall event where students could share their struggles of living at Lawrence. The prompting of the event goes back to earlier this year when a task force was crafted to address many of the problems that plague Lawrence students from depression to work and relationships.

The task force looked at a survey of college students across America called the National College Health Assessment, and then ran their own survey of Lawrence students and compared the results.

Lawrence scored over five percent higher than the national average in several of the categories, notably depression and extracurricular activities having an adverse effect on schoolwork. However, the most striking was that 38.7 percent of students had social relationships that consisted of trauma or were very difficult to handle in the last

12 months. This is almost 15 percent higher than the national average. Thus, with this in mind, the town hall set out to try and understand what makes this a reality for Lawrence.

Over the course of the meeting, students shared many of their stories, some of which were quite heartfelt and very personal. They included many different ideas, some as simple as the fact that Winter Term causes Seasonal Affective Disorder to a very poignant comment that someone brought up: Lawrence is a small school and is extremely cliquey in nature. Friend groups are very tight-knit and an issue that affects just one person can cause upsets with everyone. This can then bleed over dramatically into academic life.

Jumping off from that, several students talked about an even darker aspect of this clique culture: the need to be seen and belong to a clique. Several students said this meant they actually feared being seen at dinner without somebody with them. This then creates an

unhealthy culture of forcing yourself to find one of those cliques, meaning that they may inadvertently create more stress for everybody involved. This may seem strange upon first hearing it, but it is something very real to many at the Lawrence community and something that the two professors leading the event had no real grasp of.

Topics besides this included how social media affects students' lives, the cycle of depression that many Lawrence students slip into and how the trimester system forces campus into a never-ending whirlwind, causing even more stress which feeds into the aforementioned factors. Finally, solutions to these ongoing problems were briefly proposed and included more advertising on Wellness Center services as well as highly encouraging or even making certain classes mandatory. One class in question is UNIC 117: Investigating Academic Success, which was raved about by almost every student at the event.



# Much Love, Little Lady

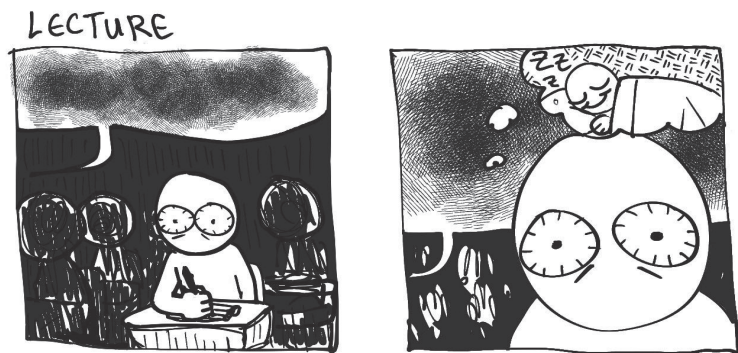
By Celeste Reyes

Hi Everyone, pardon my appearance today... but my creator's laptop crashed... She's doing her best to fix it and get me lookin' cute again!



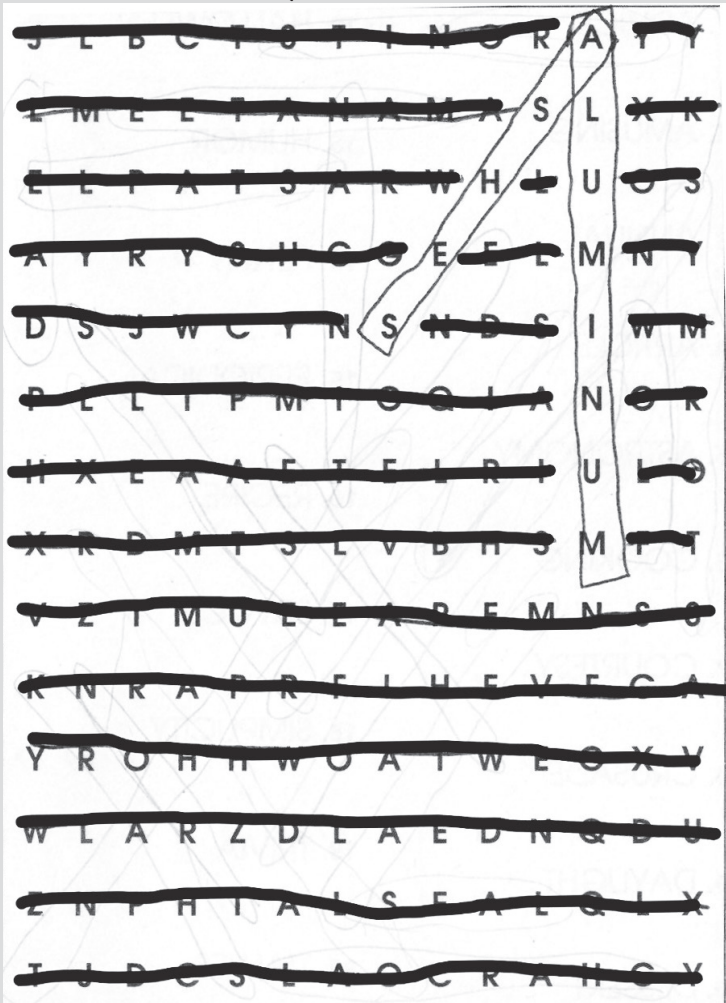
# Vegetable Day

By Allie



# "Gray"

By Tia Colbert



# HOROSCOPES

THE SIGNS AS THINGS FOR SALE ON SKULLSUNLIMITED.COM AND THEIR PRICES

By Simone Levy

- Aries (March 21 - April 19) - real Bag-O-Monkey skulls for \$119
- Taurus (April 20 - May 20) - real dissected human skull with carrying case for \$2,000
- Gemini (May 21 - June 20) - souvenir Museum of Osteology shot glass for \$7.99
- Cancer (June 21 - July 22) - real horse skeleton for \$6,500
- Leo (July 23 - August 22) - frozen feline cadaver specimens for \$94
- Virgo (August 23 - September 22) - real domestic dog skeleton (Schnauzer) for \$650
- Libra (September 23 - October 22) - replica hominid & ape comparison set for \$1,588
- Scorpio (October 23 - November 21) - real human fetus skeleton for \$7,200
- Sagittarius (November 22 - December 21) - real human pelvis for \$699
- Capricorn (December 22 - January 19) - specimen in glycerin (Hedgehog) for \$260
- Aquarius (January 20 - February 18) - real human foot set (articulated) for \$649
- Pisces (February 19 - March 20) - real Guinea Pig skeleton (articulated) for \$1,295

# WHO'S THAT SHAPE?!

By: Isabel Kelly



IT'S...



Speedy!

# Lore-ence

Claire Zimmerman  
Variety Editor

Getting around Appleton has always been a challenge for Lawrentians. Lawrence University has emphasized its shuttle services in the past, but it has not always the most reliable or convenient system, especially for groups of people travelling together. The public bus takes an egregious amount of time to get to and from one destination. Uber costs an arm and a leg. Biking on Appleton streets isn't always feasible either, especially in poor weather conditions and in the winter. Students are discouraged from bringing their own cars to campus due to lack of parking. There is no easy solution to this massive problem that Lawrentians without a car face during their time here in Appleton.

Van Parks, the director of the Department of Transportation, Automobiles, Biking and Outdoor Walking in Outagamie County (TABOO), has elected to tackle this problem. Parks said that his "great-great-great grandfather went to Lawrence before cars were even invented," which gives him the perspective of "an earlier time." When Parks' initial idea of eliminating

cars and bringing carriages back to Lawrence was originally rejected, he remained optimistic. He now says he has a new idea bound to knock the socks off of any current 21st-century student.

Parks shared his opinion on transportation at Lawrence University: "Ride sharing apps that students use are uber bad if you ask me. I think that students should have more freedom in getting rides." Parks' new proposal is to have current students at the beck and call of other students to get places. "People [already] rely on their friends with cars all the time to get to where they need to go," Parks says. "Now it's time to capitalize on that idea."

A few computer science majors worked alongside Parks to develop an app to help move the project along and continue to work with him to work out the bugs. Parks explained, "It's very similar to ride sharing apps, but it's only with LU-registered drivers who also have parking passes. Obviously, if students are registered to be drivers, they must be receptive to the idea of driving every once in a while. If they have a car, then they must be receptive to driving other people. It's as simple

as that." The app is in beta testing currently, with high hopes for future uses.

The app begins when a student requests a ride to a specific destination. Students who fall into the pool of students with cars and are also registered drivers will be notified incessantly until someone picks up the call. If they accept, a waiver will be sent to the ride requestor. Once the waiver has been signed, both participants must wait three business days for campus life to approve and process the waiver. Once campus life has approved the request, the ride can finally take place. If you want to change your driver or you don't want to drive anymore, you need to give 24-hour notice. Students who do not comply will receive a letter from Parks in their SPC box stating how disappointed he is in you.

This new system will go into place at the beginning of Fall Term 2019. Students will be paid a base rate of \$7.25, Wisconsin's minimum wage. Ten-cent raises will be given every subsequent year if students continue to drive at Lawrence. Parks hopes to share his vision with campus soon.



# Baseball played with heart, but came up just short

**Kelli Quick**  
Staff Writer

The Vikings' men's baseball team traveled to St. Norbert College (SNC) this past weekend. Unfortunately, the Vikings were not able to pull out a win, but they battled through all four games. Sophomore first basemen Nick Pastrone said, "The first game was a great home opener, especially having the back and forth game we had. Starting the game, we came out with a lot of energy and focus. Towards the later innings, we lost a little of that, so I think just maintaining that focus next game the whole nine innings will help us win games this year." Pastrone continued, reflecting on his personal performance, "I believe personally I was able to help the team that game on the offensive side with some hits and a home run, and as a whole team, we hit very well which reflected the runs we put up against a great pitcher for St. Norbert."

This team has a high focus on team wins. They continue to build success off of each other, and that reflects in their performances so far this season. "I'm definitely proud of how well our team has played as a whole," said Pastrone. "We've been in every game so far this weekend even though we've come up short. Every game is a game we know we can win and compete."

The team comes together to play this game because they have a passion for it, the dirt, the sound of a ball coming off of a bat, and this comradery leads to successful teams. Pastrone commented, "I love the team aspect of baseball, and it's helped me make many new

friends coming into school here at Lawrence. I play because of how fun the game is and how fun it is to play with my teammates and the great coaches we have".

Pastrone has only just started playing first base. He said, "This is actually my first season playing first base. I tore my labrum in my shoulder freshman year in the fall playing football and got surgery in the spring to recover for football season. Due to the surgery, I haven't been able to fully recover in the throwing process yet, so I had to make a transition from second base to first base because first base has to make less throws. The biggest challenge has just been learning the new position and getting used playing in games at first".

Head coach Chris Krepline reflected on the St. Norbert series saying, "SNC did a good job at the plate. [Our pitchers] struggled to stay in positive counts and working ahead of their hitters. When we were ahead, we did not finish the hitter for the out and gave too many free bases both pitching and defensively."

Despite the outcome of the weekend, there is always room for improvement. Coach Krepline acknowledged this, commenting that the key to their success will be, "Continuing to trust the process and the habits we are instilling in our players. We will adjust our pitching rotation and strategy going into the next weekend series. We will give our pitchers more opportunity to work on the mound this week with more frequent bullpens. Our off-speed work and location will continue to get better as we throw more frequent bullpen and blend sessions. Hitting we are doing well with, averaging over six



Senior Andrew Lauber hit a grand slam in the third inning of their opening game against St. Norbert.

runs a game. Goals for our pitching staff are to reduce the free bases we give up and to work into more positive counts early. Goals for our hitters is to get the lead off guy on more frequently and to continue to extend leads late in the game."

Much like Pastrone, Coach Krepline voiced affections for the game. "I love the brotherhood that it brings and the life lessons that it teaches us," Krepline said. "Coaching baseball gives me the chance to teach those lessons while performing and coaching the sport I love. And with that, it comes in full swing, player to coach to current player to future coach: The beauty of sports and it's never ending passion, inspiring us all."



Sophomore Nick Guzzo battled against the rain and the batter.  
Photos by Caroline Garrow.

# Outdoor track and field start their competitive season

**Tina Schrage**  
Staff Writer

This past weekend, the Lawrence University men and women's track teams travelled to Beloit, Wis. to participate in the Wisconsin Private College Championships. This was the first meet of the Vikings' outdoor season. "The goal going into the meet this weekend was to establish a baseline for the season," stated Assistant Coach Lisha Zill. "Over the break the team trained on their own, so it was a good marker as to how hard they worked. It also sets the stage for how our outdoor season will look over the next two months."

For some of the Vikings, the transition from indoor to outdoor has been a little rough, but for others the break has given them some luck in this first meet. "Some of us are a little tired from getting back into the swing of things,"

commented senior Josh Janusiak, "and a few of us do have some injuries, but our team also shows a lot of promise as we saw in the meet." Senior Molly Doruska showed great potential this past weekend in the 5,000-meter run, placing first in the meet and running a new personal record of 19:57.59. Janusiak finished fourth in the 1500-meter run, followed by sophomore Cullen Allard in sixth and junior Joe Korten Hof in eighth place. Freshman Billy Daniels brought the Vikings a fourth-place finish in the 5000-meter run, followed by junior Aaron Arthur, who ran a personal record of 16:51.76, which is about two minutes faster than he had previously run the 5000.

Sophomore Nora Robinson finished seventh for the Vikings in the 100-meter dash with a time of 13.83. The Vikings also had a strong 4x100-meter relay team on the women's side consisting of

Robinson, sophomores Imani Duhe and Emily Hoeft and junior Mikaela Hintz, who brought in a fourth-place finish with a time of 52.56. The women's team placed seventh overall in the meet, while the men's team finished eighth overall in the meet.

Although track and field is ultimately a team sport that is always looking towards improvements, the most important thing to be looking at during this point of the season is individuals staying healthy and working hard during practices.

"The team is still fighting a few lingering injuries from indoor season," commented Assistant Coach Zill, "and most are a bit sore and tight from our tough training the first two weeks of the term." Despite the training being tough, these workouts are what will help the team move forward in the standings and help them prepare for the end of the season.

"Indoor track seems to have prepared most of us really well for the outdoor season," added Janusiak. "Now that we've established some baseline performances, I think most of our goals are to improve on our personal records so when we get to the big meets at the end of the season, we can all compete to the best of our abilities for the team."

The main goal for the end of the season and conference right now is to place better than in the previous years, but in order for that to happen, the Wisconsin weather needs to improve a little bit more. The weather has been decent enough over the past couple of weeks for the Vikings, and hopefully it will continue to do the same as they head further into the outdoor season. "Everyone is enjoying the weather as the winter is always tough on our team with no indoor facility to practice in," commented Assistant Coach Zill.

"I always say we are the toughest team to practice outside in the cold and snow—it builds character. We are looking forward to opening up our strides on the outdoor track." With the goals of performing better in the latter half of the season for the conference meet as well as improving their personal records, the Vikings have a lot to aim for in their next meet. Head Coach Jason Fast commented, "Our season is long and if we want to continue to improve, we need to make sure we are doing all the little things at practice and away from practice to help maximize our health and performance."

The next meet that the Vikings have is the Pioneer Invitational on Saturday, Apr. 13, in Waukesha, Wis. For this meet, the team will be focused on individual performances along with recuperating from the hard training in these first couple of weeks since they have returned from Spring Break.



## LET'S GO, LAWRENCE!





# A big weekend away for men’s tennis

Molly Doruska  
Staff Writer

This past weekend, the Lawrence University men’s tennis team completed a long road trip filled with three different tennis matches. On Saturday, Apr. 6, they first traveled down to Galesburg, Ill. to take on the Knox Prairie Fire. Later in the day, they took on the Cornell Rams in Mount Vernon, Iowa. Then, on Sunday Apr. 7, they traveled to Grinnell, Iowa to face off against the Grinnell Pioneers before heading home to Appleton. “Long trips are always a burden and we do not have any particular traditions,” explained junior Andrea Arivella. “At the hotel we sometimes watch movies and series all together in one room. In the vans we tend to either do homework, sing old 2000s songs or just try to nap before our matches.”

The Vikings got off to a strong start against Knox as they swept all of the games and claimed the 9-0 victory. Junior Connor Maloney won the No. 1 singles match 6-4, 6-2, junior Cade Francour won at

No. 2 singles 6-1, 6-0 and sophomore Evan Oriel won the No. 3 singles match 6-1, 6-0. Their dominance continued as sophomore Matt Chan went a perfect 6-0, 6-0 to win the No. 4 singles match, freshman Cam Strawn won 6-2, 6-1 and Arivella took the team’s sixth win in the competition with a 6-1, 6-0 victory at No. 6 singles. On the doubles side, all three teams won their matches as well. The team of Maloney and Francour won the No. 1 doubles match 8-1. At No. 2 doubles, the team of Oriel and Chan won their match 8-5 and at No. 3 doubles the team of Arivella and freshman Steven Zemaitis won their match 8-4.

Lawrence got off to a shaky start against Cornell in the doubles competition. Only Arivella and junior Aidan Delgado won their doubles match at No. 3 doubles 8-1. However, the Vikings won four out of the six singles matches to take the overall win, 5-4. Francour won the No. 3 singles match 6-1, 6-1, Chan won the No. 5 singles match 6-2, 6-1, Strawn won the No. 6 singles match 6-4, 6-0 and Oriel won the No. 4 singles match 6-3,

6-3 to seal the Lawrence victory.

Playing doubles can be a rewarding experience. Arivella explained, “I have always considered myself a singles player, but this year I really enjoyed playing doubles, especially at [no.] 3 with Aidan Delgado. We call ourselves the EU team because we are both from Europe, me from Italy and him from Spain.”

The team faced stiff competition on Sunday, as Grinnell was 3-0 in Midwest Conference play and 17-4 overall heading into the match. The Vikings put up a good effort; however, they dropped a tough match 9-0. The team hopes to continue to make good progress in conference play going forward. “During the rest of the season, as a team, we hope to qualify for the conference tournament and make it as far as possible in it,” said Arivella “Personally, at [no.] 3 doubles, me and Aidan [Delgado] have a really good shot at making it really far on our doubles draw at the conference tournament weekend, so the focus for me will be that right now.”

After this weekend, Lawrence’s

record stands at 8-8 overall and 3-2 in Midwest Conference play. They are also currently sitting in fourth place in the conference standings. The top four teams qualify for the conference tournament, so the conference standings become key to how the team approaches the end of the season. “The major challenge has been matches before our conference,” Arivella mentioned. “We played some really good teams and suffered some important losses, but it only made us better for conference. I think our pre-conference competition, even if it was a challenge, is definitely going to help us in the last stretch of the season where we have a shot at qualifying second for the conference tournament.”

Lawrence’s men’s tennis is back in action this next weekend on Sunday, Apr. 14, as they travel down to Lake Forest College to face off against another conference opponent. The team has one final home match on Saturday, Apr. 20, when they play host to Ripon College.

# Second annual athletics crowdfunding was successful

Madeline MacLean  
Staff Writer

The second annual Crowdfund for Lawrence University Athletics has officially ended and with results that were far better than ever expected. This year’s goal was to receive support from 650 donors, but thanks to the outstanding familial connections that Lawrence has established over the years, the final number absolutely shattered that goal. The final numbers reported over 900 donors participating to raise over \$90,000 for Lawrence athletics.

At a university that seems to be split between the various successful affiliations of campus, it can be easy to feel shorted when it comes to attention and recognition. This is the case for athletics at Lawrence University. However, Lawrence has proudly displayed its intentions to start making athletics a priority. The annual Crowdfund for athletics is the start to that investment. Having a strong backbone, not only of financial support, but also loyalty to the Vikings acts as the foundation of creating a winning culture that cultivates effective leaders and allows for the ultimate student-athlete experience.

Lawrence University is pride-

ful of its pursuit of excellence in all that it represents, and that includes athletics. The student-athletes here have the opportunity to unite the athletic experience with a solid and rigorous liberal arts education. Their experience here, in the classroom and in competition, will best prepare them for success and failure in life after Lawrence.

Steadily, Lawrence continues to demonstrate their investment in athletics through the gradual improvements within the department, such as personnel expansion, facility renovations and, with a closer connection to the heart of the school, the presidential cabinet. The Crowdfund allows for alum and others to show their continued investment in the Lawrence Vikings.

Last year, the first Crowdfund was launched. Each team set up their goals for donations and published what they would be putting the money towards. The basketball program put the money towards a new shooting machine. Fencing purchased new scoring boxes, which helped make the competitive environment even better this year. Track and field put their funds to good use, purchasing new steeplechase barriers and a new throwing cage. Men’s ice hockey invested in a new skate sharpener

while tennis, volleyball, baseball and softball used the funds to aid their preseason training trips. Swimming and diving, men’s and women’s soccer and football all allocated their funding toward new gear and upgraded technology to help with performance, recruiting and preparing for game play.

Because the first Crowdfund was so successful, it turned into an annual production. This year, some fundraising focuses remained similar to last year and some have changed. Getting new gear for athletes is always a priority, as that will almost always prove to be game changing. Baseball and softball focused on a new camera and video kit in order to have the ability to live stream their home games. Volleyball focused their funds towards a new net system. Every team needs donations to help continue to make Lawrence Athletics competitive and great.

Speaking of competition, each team competed from Mar. 27 to Apr. 2 for the highest participation rate (donor count/alumni of the sport). In the final hours, softball, women’s basketball and women’s soccer kept trading the lead in the participation rate. All three teams increased their media presence, encouraging people to donate, calling on their competi-

tive nature, asking for Vikings to support Vikings. In the end, softball came out on top with a participation rate of 64.5 percent, passing women’s basketball who had 49.4 percent and women’s soccer who had 39.7 percent. Men’s basketball also made a last-ditch effort to pull ahead and finished with a 38.4 percent participation rate.

The total donor count ended up at 920 donors. Every single gift given, no matter what that amount was, had a huge impact on the athletic department as a whole. A full list of each individual donor and their respective sport that they donated to can be found on the athletics website. Each individual deserves recognition.

The continuation of the Crowdfund project has a theme of LU “Vikes for life.” The competitive atmosphere surrounding this project is the essence of how Lawrence athletics should be. In the end, however, everyone is coming from the same place, supporting the same department. While donations are made to individual teams, the overall impact is on every single Viking, current and past.

Thank you to all who participated in this project. Your donation matters. Your support matters. Once a Viking, always a Viking.



## Standings

### MEN’S TENNIS

TEAM	MWC	OVR
Grinnell	4-0	18-4
Lake Forest	4-1	9-9
Cornell	3-2	11-7
<b>Lawrence</b>	<b>3-2</b>	<b>8-8</b>
Illinois	3-2	6-8
Monouth	3-2	4-9
St. Norbert	2-3	5-10
Ripon	1-4	2-7
Knox	0-7	1-13

### BASEBALL

#### North

TEAM	MWC	OVR
St. Norbert	6-2	11-10
Ripon	5-3	9-10
Beloit	1-3	9-10
Chicago	0-0	9-4
<b>Lawrence</b>	<b>0-4</b>	<b>3-12</b>

#### South

Monmouth	6-2	16-7
Grinnell	5-3	11-13
Knox	3-5	6-19
Illinois	1-3	11-12
Cornell	1-3	10-11

### SOFTBALL

TEAM	MWC	OVR
Monmouth	8-2	11-15
St. Norbert	6-2	13-9
Lake Forest	3-1	10-10
Grinnell	3-1	6-16
Illinois	4-2	9-9
<b>Lawrence</b>	<b>4-2</b>	<b>7-13</b>
Cornell	3-3	13-9
Ripon	1-5	6-16
Knox	0-6	5-21
Beloit	0-8	6-24

\*Updated as of 04/010/2019\*

### UPCOMING HOME EVENTS

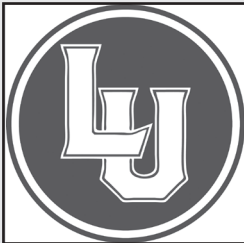
**\*Baseball vs Monmouth**  
April 6  
12 p.m. and 3 p.m.

**\*Baseball vs Cornell**  
April 7  
12 p.m. and 3 p.m.

**\*Softball vs Monmouth**  
April 6  
1 p.m. and 3 p.m.

**\*Softball vs Grinnell**  
April 7  
1 p.m. and 3 p.m.

**\*Softball vs Ripon**  
April 18  
3 p.m. and 5 p.m.



Standings are courtesy of  
www.midwestconference.org

HELP THE ENVIRONMENT.  
RECYCLE THIS NEWSPAPER!



# Real Womxn’s Voices: Awa Badiane

**Smailyn Nicasio**  
*Columnist*

*To identify as a womxn is to expect solidarity with others who identify the same way. The assumption that there is a universal womxn experience erases the nuances and variety that exists. This column seeks to address the intersections that exist in an effort to celebrate and deconstruct the reality of being a womxn.*

As current President of the Black Student Union (BSU), a chair member of Community of Diversity Affairs (CODA) and a content developer at the Office of Communications, sophomore Awa Badiane has the reputation of being just a bit busy. After months of organizing and anticipating POC Empowerment Week and the annual production of Cultural Expressions, Badiane finally feels like she can rest.

The energy created by the acknowledgement and celebration facilitated by the BSU that week was considerably dampened by *The Lawrentian’s* choice to use Badiane’s satirical portrayal of a racist stereotype as a summation of the event. There was outrage and hurt, but to Badiane, it sadly exemplifies the life of a Black womxn at a predominately white institution.

Badiane spoke at length about the independence that is fostered in New York City, but living there does not mean total freedom. “Womxn have to map out the way they walk in public spaces,” Badiane explained. “At certain times at night, you know you can’t go to certain places. Growing up in New York, I was so aware of being a womxn. [Cat-calling] is so backwards. You’re scared of getting those calls and when you don’t get those calls, you [resort] to thinking ‘Damn, I really must be unattractive.’ It is the weirdest dichotomy ever.”

An article Badiane recently read referred to the paranoia that comes with this phenomenon as spatial injustice. Public places become associated with fear and womxn are taught to be constantly vigilant. Rather than blame the assaulters, womxn are shamed for even daring to complete the simple act of walking to their destination.

As with most things, growing up in New York City does come with a silver lining. Examples and legacies created by New Yorkers like Congresswoman Alexandria



Sophomore and President of the Black Student Union Awa Badiane.  
Photo by Sarah Navy.

Ocasio-Cortez empower Badiane. The constant exposure to various cultures also made diversity seem like a natural facet of life. “It’s interesting because when I was growing up, I was never aware of my race,” Badiane said.

“I grew up in Harlem, so everybody looked like me. Everybody in middle school looked like me or were Latinx—so they still

looked like me. I went to one of the most diverse high school in the most segregated neighborhood in all of Manhattan.” Badiane maintains that while New York City is far from perfect, it has an inherent model for diversity that other places should aspire to recreate.

For better or for worse, Badiane has

become hyper-aware of her race because of interactions with peers who hadn’t been exposed to the same diversity she had been. “A lot of white people [at Lawrence] get put into a space where they have to interact with people who they perceive as different because of their race and then they get nervous,” Badiane explained. There are assumptions, based on terrible forms of representation broadcasted by the media that change the way white people interact with people of color. Badiane can physically see the fear of being “cancelled” controlling such interactions. “Just interact with me!” she said, “If I say something disrespectful, I would want people to call me out. I have a right to call out racism, but it’s up to the person to take that criticism and put in that effort to better themselves.”

The intersectionality that she retains as a Black womxn who suffers both race and sex discrimination will never be erased, but often she feels as if her race has become the most prevalent aspect about her. “Being Black in general affects you [at Lawrence],” Badiane explained. “Sometimes I feel like I have to separate the two. [It may seem like] my Blackness is the reason [for certain behavior] or my womxnness, but I know it’s both.”

The dissonance Badiane felt is one of the reasons why she recently has leaned towards the social theory of womanism over feminism. The distinction between the two is that womanism focuses on the experiences of Black womxn over the historic marginalization that traditional feminist structure allows. Womanism has increased in popularity as feminism and its history have undergone reexamination through a contemporary lens.

Badiane tries her best to remain positive and passionate in the face of such adversity for the sake of her family. Laughing, Badiane recounts how at her high school graduation her sister accused her of “doing too much” once she saw the number of awards Badiane received. It was a joke, but Badiane credits her ambition for the success she has experienced so far. In the same way, Badiane constantly refers to the inspiration she received from older students, Badiane has made her presence known at Lawrence. Her voice has become an important one during campus discussions and many look to it for leadership.

**Julia Balestri**  
*Columnist*

*I have always been interested in fashion as a type of wearable art. I believe there is so much room for creativity every day when a person decides how to decorate their body. At an early age I became involved with sewing and thus formed my fascination with textiles and personal style. Since then I've been intrigued by the many different ways that people represent themselves through the way they dress themselves. I write this column in hopes of highlighting Lawrentians with unique senses of style and diving deeper into the philosophies behind manufactured appearances.*

Junior math and studio art major Ben Tran has a passion for studying body image. Fashion is a way that Ben connects with himself and the world. People perceive Ben as having a certain style, but he sees it more as a form of communication than as an identity forming behavior.

Tran’s dream job would be to work as a fashion illustrator or editor-in-chief for a fashion company. Over winter break he had a job in New York working with a fashion firm. He is learning to actualize this goal by expanding his portfolio, advancing his skills

# Signature Style: Ben Tran

in Photoshop and evolving his illustration techniques.

Until he reached high school, Tran was required to wear a school uniform. His uniform called for Polo shirts and although he got fed up with it then, he would love to see a revival of these stylish collared button ups. To Ben, people that wore Polo regularly looked fun, especially if they wore different colors. Looking back on the days of uniforms, Ben has learned to appreciate the era because his culture was more collective.

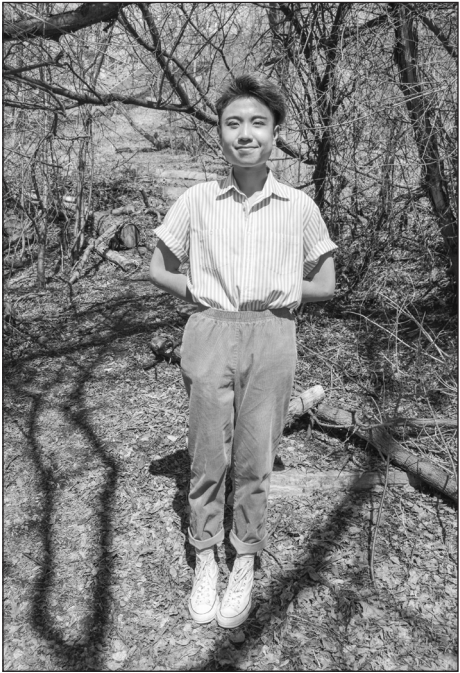
Something that sets Tran’s sense of style apart from others is his taste for antique and vintage elements. Tran gravitates towards vintage and recycled clothing—pieces that have already been lived in and filled with personality. Other than vintage stores and thrift shopping, Tran has found some more niche outlets to collect clothes for his wardrobe. Online platforms like Etsy, Depop and Asos Marketplace cater more towards savvy shoppers like Ben than any department store ever could. Here, sellers can list clothes that they found, created or just can’t hold onto anymore. This guarantees that these pieces already have some character to them, making them unique in ways that freshly mass-produced clothes can’t achieve.

Shopping vintage and secondhand also tends to be supportive of local fashion. Tran

sees fashion as a way that one can connect to their personality and, when shopping second-hand, a way to connect to other people’s personalities. Some clothing styles function as historical markers. They can represent specific moments in time and are almost never without context, like the bellbottoms of the 1970s or the Juicy brand tracksuits of the early 2000s.

Ben’s interest in second-hand vintage clothing started as a child. He didn’t enjoy when his parents would buy him brand-new clothing. Instead, Ben would want the clothes that had been sitting lifeless in his grandpa’s or father’s closet. One particular piece he was gifted was a long Polo shirt from his grandpa that Tran wore with one of his mom’s belts as a dress. Since then, Tran started exploring his feminine side through clothing. “I know I looked ridiculous back then, but now I just feel like it was gradually helping me express myself,” he said. The process of learning to wear more feminine-styled clothes was intense for him, but worth it.

“Sometimes people say that I have this certain style, but I feel like its just me communicating,” stated Tran. This idea is illustrated through Tran’s purposeful manipulation of his clothing. He makes sure each piece of his clothing he wears is tailored to a shape



Ben Tran wearing one of his classic polo shirts.  
Photo by Julia Balestri.

and size of his liking. This also strengthens his identity as an individual, because the cuts Tran makes on his clothing are all unique and advance the item into something new and special to his wardrobe.





# Work It: Mailroom student managers

**Karina Barajas**  
*Columnist*

The mailroom engages in a variety of tasks such as organizing packages, selling stamps and distributing packages. Everyone stops by the mailroom at some point in their Lawrence career. This week, I want to highlight the crew of student workers who keep the mailroom running. Student managers senior Grace Reif, juniors Jenna O'Rourke, Biju Rajbhandari and sophomore Cassie Smith described their passion for working in the mailroom.

Linguistics and German double major Smith has been working in the mailroom for two years. She applied for the position on her class Facebook page her freshman year. She was trained at the end of last year to become a manager. The mailroom has one freshman employee every year, so she was selected. On average, she works midday shifts three to four days a week.

The most valuable skills she has learned on the job are organizational and multi-tasking skills. Smith was a CORE leader and is currently a writing tutor and writer for "Tropos." For Smith, the most pleasant part of the job is interacting with people and learning how the campus and mail systems work.

O'Rourke is an English major. She heard about the job through her sister, who worked in the mailroom when she was at Lawrence. She applied her sophomore year by going to the mailroom window, filling out a notecard with her name, year, ID number and interest working in the mailroom and got the job. Students can now apply on Handshake. In her first year, she was a student mailroom

worker. In her second year, she became the manager.

One valuable skill she learned was customer service, as her job requires interacting with students, faculty and staff and fostering community with co-workers. She enjoys stuffing envelopes. She described working in the mailroom as her first and best job she has ever had. This term, she works Monday to Wednesday for three hours each. She used to be a CORE group leader but is now participating in Prescribed Escape Productions (PEP), directing "As You Like It" and writes for "Tropos."

Rajbhandari is a psychology and economics double major. Unlike the other student managers interviewed, she was trained to be a manager and did not have to start as a worker.

She started working last summer, so it has not been a full year yet. She applied for the position on LUWorks when looking for summer employment on campus. This term, she works two hours on Wednesday and three on Friday. One challenging part of the job is the mail rush from 10 a.m. -1 p.m. when the UPS comes in and packages have to be shelved. It is the longest and most tedious job.

Sending packages internationally is also challenging. Additionally, she monitors Briggs Hall. She has learned how to face a variety of problems. She believes anyone interested should apply because so many people are leaving and the job can be stressful but fun when surrounded by good people.

Reif is an English major and creative writing minor. She has been working in the mailroom for four years and became a manager a year ago. She makes sure students



Junior mailroom manager Jenna O'Rourke.  
Photo by Anton Zemba.


know what they are doing by answering questions and boosts morale by making sure everyone is having a good time. She was a CORE leader, worked in the garden over the summer and delivered newspapers.

Reif does not like following routine, so she likes working in the mailroom because there is always something different. Interacting with students and helping them open their mailboxes is the most challenging task for Reif. Her favorite part of the job is checking in packages because it brings instant gratification. She believes communication and listening are the most important skills to have in the mailroom.

Additionally, Reif is one of the captains

of the improv team and an Irish dancer competing for the World Championship. She believes that the qualities of a good worker are conscientiousness, a forward-thinking mindset, kindness, openness, approachability, inquisitiveness and knowledge. She works an average of 10-12 hours a week.

The student managers would agree that the best part of their job is the work environment and their co-workers. The qualities of someone fit for the job are inquisitiveness, positivity and the ability to take on various tasks. Even when the job becomes stressful, the staff finds ways to have fun and that is what makes the mailroom so unique.



### Disillusion

1. Lucky Clover - CocoRosie

2. Exfoliate - Wayne Szalinski

3. Lover is a Day - Cuco

4. girl - Salvia Plath

5. First Love / Late Spring - Mitski

6. Pendulum - FKA twigs

7. Celestica - Crystal Castles

8. Strangers - Portishead

9. Asphyxiated - Moors

10. Window - Joji

11. Prom Song - Surfer Blood

12. Weird Fishes / Arpeggi - Radiohead

13. Tiniest Seed - Angel Olsen

14. Some Things Last a Long Time - Daniel Johnston

15. BLEACH - BROCKHAMPTON

16. If I Believe You - The 1975

17. Opposites Attract (Tomorrow w/o Her) - Kendrick Lamar, Javonte Alex G

18. Sarah (Bonus Track) - (Sandy)

19. Burden You - Pity Sex

20. Kissed Lips = Hell - The Frogs

*genevieve cook*

Illustrations by Genevieve Cook  
Features Section Editor





# A “Meme’s Eye View”: Alarm Will Sound presents a philosophical conversation

Emily Austin  
Staff Writer

On the evening of Friday, Apr. 5, a crowd gathered in the Lawrence Memorial Chapel to watch the 20-member new music ensemble Alarm Will Sound give their Lawrence Artist Series concert. Out of those 20 musicians, three are Lawrence Conservatory professors: Associate Professors of Music Erin Lesser and Nora Lewis on flute and oboe, respectively, and Visiting Assistant Professor Michael Clayville, a trombonist who also leads our own LU New Music Ensemble. The group consists of classically trained musicians, all committed to innovative performances and recordings of today’s music. This manifests in taking on music from a wide variety of styles, from arch-modernist to pop-influenced and performing all with incredible technical skill and energy. Many members are also composers of new music works which allows a unique crossover in skills and brings a deeper understanding of the music they are trying to convey. Alarm

Will Sound has performed at prestigious venues like Carnegie Hall, Lincoln Center and the Library of Congress to name a few, and have also travelled internationally to play in Holland and Russia. It was an honor and privilege to have them perform at Lawrence on Friday.

The ensemble made sure to tailor the concert to their audience, mentioning that both composers of the two works they performed were Wisconsin-born and raised. The first piece, “Escape Wisconsin” by Caleb Burhans, fit with that theme. Originally a solo saxophone work, the piece is ultimately a play on Wisconsin’s tourism slogan “Escape to Wisconsin.” The work used frequent repetition which turned quickly into cacophonies of instruments layering on top of each other, coming together in a lively and precise performance.

The second piece, “Mind Out of Matter” composed by Scott Johnson, is an eight-movement work based on melodies and rhythms Johnson picked up from a voice recording of noted philosopher and winner of the 2012 Erasmus Prize, Daniel C. Dennett. In this recording, Dennett

explained his musings on the Darwinian life of ideas. Both the composer and philosopher were in attendance on Friday night to give a post-performance introduction and explain some of the less familiar techniques used in the piece. One of them Johnson described as “speech music,” in which he uses “the melodies of spoken words as the basis for an accompanying instrumental score.” This accompaniment, inspired by Johnson’s curiosity and Dennett’s book “Darwin’s Dangerous Idea,” became a rock, pop, samba, classical avant-garde and hip hop-inspired blend of sounds and pitches that mimicked Dennett’s own engaging speech patterns.

Dennett spoke to the Darwinian principles and extended them in readings of his book and interviews with the composer. These recordings were then played back and modified to create a sort of melody line for each movement which included titles such as “Cow Design,” “Invisible Agents,” “Winners” and “Awe,” to name a few. Each movement built on the principles that came before it, starting at the concept

of how humans have redesigned and redefined the natural world, and eventually linking these ideas to our domestication of religion. In “Invisible Agents,” Dennett explains the mammal’s instinct to ask “who’s there” when they are frightened or attacked. The music tells this narrative through the electric guitar strums and hip hop style band mimicking the philosopher’s voice, which repeats and changes pace so much it seems he is rapping along occasionally.

Movement three, “Winners,” became a samba section as musicians picked up different instruments and the percussionists raced back and forth on the stage to get to theirs on time. Dennett moved on in his lecture to the human creations of “the creatures of superstitionland,” who in his explanation “are the ancestors of the gods of religion.” He also introduced the power of memes, which in psychology are images or concepts that can be easily picked up and replicated by the masses, parallel to songs or jingles that we refer to as “earworms.” The composition in this portion picked up and repeated the word “copied” until it

was a bleating drone accompanying the groove and ultimately representing the meme of this piece itself. Johnson explained that this concept of ideas, traditions and technologies which all seem to be “competing for space in their natural ecosystems of human minds” create a “meme’s eye view.” This removed position can potentially create much-needed clarity in the slew of competing genres, traditions and styles in the world of music and musicians.

Dennett ended on a positive note, explaining that while religion has created memes of ideas to die and to potentially kill for, there are many ideas that do deserve this title, namely freedom. Ultimately, anything that appears in human cultures, whether that be religion, trade, tradition or music, has more to say about the human condition itself than those specific cultures themselves. With a swelling in the horns and strings and rolling patterns in the woodwinds, the piece ended, leaving the audience in a state of deep contemplation and hope for the future of humanity.

## PHOTO FEATURE: MONDAY NIGHT JAZZ JAM

Photo by Taylor Blackson



From left to right: juniors Daniel Green, Sebastian Roman, Clay Knoll and Nathan Glaser performing at Monday night’s jazz jam. On any given Monday night, Conservatory students can be found honing their craft on the stage of Mead-Witter on the second floor of the Warch Campus Center. Drop by to join in or just to listen!

## PHOTO FEATURE: REVERÓN PIANO TRIO

Photo by Julia Balestri



The Reverón Piano Trio is formed by violinist Simón Gollo, cellist Horacio Contreras and pianist Ana María Otamendi.

## Moroccan folk band holds audience in a trance

Sam Goldbeck  
Staff Writer

On Monday, Apr. 8, the Moroccan folk band Innov Gnawa graced Harper Hall with their renditions of the gnawa music tradition. The band was led by their music master (or Maalem) Hassan Ben Jaffar, who played the sintir, while the other band members played percussion. The other musicians were Samir LanGus, Ahmed Jeriouda and Amino Belyamani, who all played the qaraqaba (castanets), endlessly clattering out fast-paced beats that put one in a trance. The cajon drum was also played to add some more exciting percussive flavor.

Gnawa is often described as a trance. It was brought to Morocco by slaves and soldiers from Northern Mali and Mauritania and is considered the ritual trance music of Morocco’s black communities, the “Moroccan blues” as they are described by some.

Jaffar began the performance by playing a bass drum slung over his shoulder as he sang and chanted ritual phrases, while the other three men played the qaraqaba, repeating in harmony the phrases that Jaffar sang for them. The hypnotic power of the music was immediately apparent as I found myself almost without thought while watching the performance. As I glanced around the audience, this didn’t seem to be the case for everyone, though. Many people were bobbing their heads up and down, carried along by the rhythm and the energy of the performance.

The performers themselves clearly love playing this music, as

one could notice that they incorporate little dance moves and are quite expressive. At around the halfway point in the show, founding member LanGus said a few words about the group and the music. He shared that they are based out of Brooklyn and are dedicated to bringing gnawa music to a wider audience, which they have definitely succeeded in—they were nominated for a Grammy in 2018, and have played in some of America’s most prestigious music halls including Lincoln Center, Music Hall of Williamsburg, Brooklyn Bowl and Brooklyn’s Barbès. They are also dedicated to bringing their particular form of traditional ritual African music to the West to expand the knowledge of the various cultures and styles of music played throughout the continent.

There were moments when the performers would break the trance and have the audience clap along with them and even had the crowd on their feet at the very end of the night. There was a good mix of Lawrence students and Appleton residents in attendance, which shows the considerable draw this music and this group has when it comes to attracting a wide audience.

It was truly a privilege to watch these musicians perform and to hear a style of music one doesn’t get to hear very often, if ever. This was my first time attending the World Music Series, and now I know that there is no excuse to pass up the opportunity to see and hear musicians from all over the world express themselves and their culture so graciously.

## LUCC town hall

continued from page 2

It was questions and ideas like these along with the brave students that were willing to share them that made the town hall an eye-opening and important event, one that will hopefully continue in the future. The Student Welfare Committee said they hope to have another one this term and host

them every other week starting next year. It truly was an eye-opening event and one that every student should go to, even if just to listen to the stories their fellow students have to share. Students should watch for additional emails from the Committee and LUCC about future town halls. Those who shared their stories can help bring about much needed change to the Lawrence community.



# Visiting Russian Folk Orchestra entertains audience

**Camille Robertson**  
*Staff Writer*

The University of Wisconsin Russian Folk Orchestra paid their first visit to Lawrence since the year 2000 this Saturday, Apr. 6. The orchestra, founded in 1995 by music director Victor Gorodinsky, is now in its 22nd season. It was clear from the moment members of the ensemble entered onto the stage wielding several unfamiliar instruments and dressed in traditional Russian attire that this performance was going to be quite distinguishable from an average orchestral concert.

The most eye-catching of the instruments was the huge, triangular, four-stringed balalaika. The balalaika is comparable to an upright bass in its function, but its appearance is much more intimidating. It is one of two authentic Russian instruments the ensemble performs with, the other being the domra, which is three-stringed and lute-like.

The opening song was a waltz entitled “Hymn to the Great City,” which refers to Saint Petersburg, Russia. Listening to the piece, one might feel as though they are strolling through the city, stepping in time. Hands strummed quickly up

and down the domras, eliciting a jittery sound. “Birch Tree Waltz,” the second piece, had a gloomier feeling to it, but was equally enticing.

Gorodinsky enthusiastically brought out vocal soloist Anya Gubenkova, who has been with the ensemble for five years, for the third and fourth pieces, “Handzia” and “Three Winters.” Gubenkova wore a striking red skirt and matching boots, which were fitting for the gleeful “Handzia.” Gubenkova, singing in Russian, and Gorodinsky, fervently conducting, fed off each other’s energy, dancing subtly in sync with one another. “Three Winters” was much more sullen, and the domras plucked in such a way that it almost sounded like snowfall.

Gubenkova exited the stage for the following four instrumentals: “Second Waltz,” “On the Sea,” “Russian Song” and the world premiere of a piece titled “Raindrops.” Gorodinsky explained that he got permission to perform “Raindrops” by messaging the composer on Facebook; when the crowd chuckled at this, Gorodinsky retorted, “What, did you think I was going to send her a letter?” The piece was slow, mysterious and truly beautiful—a stunning first performance.

For a surprise piece, Gubenkova came back out to perform “Under the Willow Tree” which did not appear in the program. The song began with a single note dragged out by the accordionists. The note continued to be held as Gubenkova sang. Halfway through, the other instrumentalists came in, also holding the same one note. This piece, without the distraction of the instrumental, highlighted Gubenkova’s extraordinary voice and the beauty of the Russian language.

The next song, “Waltz,” was originally composed by Eugen Dogs for the 1978 Soviet film “Мой ласковый и нежный зверь” (“My Sweet and Tender Beast”). Next, Gorodinsky conducted a song of his own, entitled “Lullaby.” The quiet and soothing piece showcased his incredible talent. The closing number, “Romantic Prelude,” was the liveliest yet; Gorodinsky practically leapt across the stage with fervor. When the song was over, the audience gave a well-deserved standing ovation. Gubenkova was handed a bouquet of flowers, and Gorodinsky received a single rose. Upon seeing this, Gorodinsky said jokingly into the microphone, “How’d she get more than me?”

# Reflections on one year of improvisation

**Milou de Meij**  
*Columnist*

Risk. As an improviser, I feel as though I’m constantly living in a land of risk. There’s a feeling of never quite knowing where my hand might fall, what direction my collaborators might turn or what I might suddenly hear. It’s scary but exhilarating to explore this world of options where your success is dependent on your ear and having to adapt to the constantly changing soundscape of what you hear. In this ever-changing atmosphere, risk becomes a place you want to be. No one wants a boring, stale “heard before” improvisation. Every note you play as an improviser puts yourself out there. I have to trust in my collaborators that they’ll support me, and I have to reciprocate by showing I’ll support them too. I have to be confident in my risks and fearless in my boundary pushing.

This Spring Term I celebrate one year of living in this land of risk. Two years ago a very burned-out me took the biggest risk of my life and decided to take an indefinite break from classical piano. I spent the summer playing the djembe, hiking, attempting to learn guitar, writing poetry and working in a hotel. That fall, I continued to stay away from piano as I studied abroad in Russia and immersed myself instead in theater, symphonies, operas and other larger-scale performances. When I came back to school, I longed for piano again, but this time it was different—I didn’t want to even attempt to play it safe anymore.

As a classical musician, I’ve spent most of my musical life minimizing risk. I practiced five to eight hours a day solidifying tiny details or perfecting each phrase. I’d been

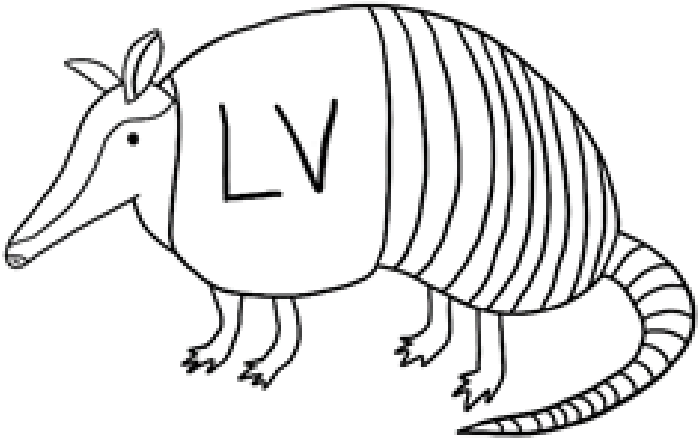
told from a young age: you practice yourself to the point that mistakes are just not possible or else you simply aren’t ready. Now of course, this almost never held true, and my perfectionist self has also spent many hours crying in the very same practice rooms over missed notes or memory slips. I looked toward my peers and other pianists who I deeply admired who could churn out these seemingly flawless performances and wondered if there was something within me that was just deeply inadequate.

When I started improvising, I realized that I’d spent so much of my life in a binary. Perfection or failure were the only options I’d ever considered, but the idea of risk reconceptualized everything. Risk is a liminal space. It’s not like I don’t practice improvising. I spend a lot of time exploring my instrument, transcribing things I hear, practicing rhythms, but there’s a difference. Instead of trying for an infallible end product, I’m trying for options. I know my hand will slip. I know my collaborators will turn and land us in an unfamiliar musical land. I know there will be moments where I turn and land us in an unfamiliar musical land. And I can’t freeze or panic—it has to keep going and flowing and turning.

I often wonder if there is a way these two worlds—these two mindsets—can blend. I’m playing Rachmaninoff’s “Prelude in G, op.32 no.5” right now. It has a very small cadenza in it that I’ve decided to improvise and play my own. I love entering the world of this piece. It’s dreamy and iridescent, full of little shimmering moments that I take with me into my improvised cadenza. And for one little moment, I’m able to slip into a liminal land of risk and truly make it my very own kind of perfection.

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# Infrastructure issues causing campus pains

As National College Decision Day approaches, the Lawrence campus has been welcoming prospective students in search of their future university. Though presentation is a point of pride for most college campuses, it seems to be a lower priority for Lawrence as of late. Potential Lawrentians are greeted by sidewalks with large, hazardous cracks and crumbling brick. As returning students, of course, we understand that this wear can be attributed to harsh winter conditions and friction from campus safety vehicles. We also know that renovations are done every year. Visitors do not see this process, however, and only see what looks like years of damage.

It could therefore be said that the sidewalks are not equipped to withstand the weight of vehicles or extreme temperatures. Lawrence should invest in sidewalks that will be both aesthetically pleasing and functional for more than one season. This would attract prospective students without compromising the duties of campus safety. It would also be safer for disabled or injured students—the dilapidated sidewalks have the potential to be hazardous for students like these.

This points to a larger issue: the inaccessibility of Lawrence’s infrastructure to disabled and injured students. At this point, all academic buildings are up to code, but residence halls have a long way to go. The lack of elevators in buildings like Trever and Ormsby are especially inconvenient to injured athletes. An athlete living on the third floor of Trever, for instance, might have to move to a different dorm in the event of a mobility-limiting injury. Lawrence even has to pay annual government premiums as a result of these buildings’ lack of compliance with the Americans with Disabilities Act.

In addition to updating residence halls so they can comply with these laws, Lawrence needs to prioritize repairs and updates to facilities meant to benefit disabled students. Broken elevators, for instance, should be repaired immediately, rather than left in disrepair for an extended period of time. Alexander Gym, meanwhile, could use an update—according to senior Madeline Maclean, “Alex has one elevator in the back that barely fits a wheelchair.” For a campus with such an emphasis on inclusivity, our buildings’ lack of compensation for the disabled is especially jarring.

Campus infrastructure must be improved in terms of aesthetics and inclusivity, but there are also things students can do to improve campus infrastructure. Students can place trash in proper bins instead of littering, close windows during the winter to prevent burst pipes, and respect communal property. We cannot expect a nice campus without also treating the campus nicely. Yes, Lawrence needs some repair, but we should also hold ourselves to a higher standard and respect the money and time that has been put into our campus. At the same time, the effort to create a welcoming community is mutual. If students are to feel that caring for our campus is meaningful, we must not feel that our efforts will be undone by inadequate maintenance, or that the administration is unconcerned with being welcoming to new students.

*Letters to the Editor can be sent in to Opinions & Editorials Editor, Max Craig, at lawrentian@lawrence.edu. We review all letters and consider them for publication. The Lawrentian staff reserves the right to edit for clarity, decency, style and space. All letters should be submitted on the Monday before publication, and should not be more than 350 words.*

# Body Talk: You should never feel guilty for eating

Olivia Omura  
Columnist

Last week at work, I had an interaction with a customer that reminded me of why I have worked so hard to rid myself of food-related guilt. I’ll set the scene: I’m making sandwiches and contemplating the meaning of life, when in walks my new personal nightmare. She points out the cookies—those generic pre-made ones you get at restaurants—and mentions it would be nice to have oatmeal raisin. I agree, to which she responds, “It would make me feel less guilty about eating them.” Now, my Customer Service Brain has been well-trained to never disagree with a customer, but I calmly reply that I try not to feel guilty about anything I eat. Her answer? “That’s the problem, most people don’t.” And then she saunters away, leaving me to mull over the conversation in a silent rage.

Since I did not have the opportunity for a rousing debate in the middle of Erberts & Gerberts, I thought I would vent my frustrations—erm, break down my argument—here. Firstly, the vast majority of us feel guilty for what we eat at some point or another. We are socialized in a society that hates, well, most bodies, but especially larger ones. We assume fat people “got that way” by eating large quantities of food and we are afraid of how our bodies might change if we allowed ourselves to eat unrestrained by guilt. We draw automatic connections between eating the foods we enjoy and being morally inferior. All of these assumptions work synergistically to make us feel fear and guilt surrounding food.

Food! The source of energy for every cell in our body! An absolute necessity that keeps our hearts beating, our stomachs digesting and our neurons firing! Sixty to seventy-five percent of the energy we consume goes toward the most basic functions of our body. We require the equivalent of around three bowls of pasta a day just to keep up our basal metabolism, excluding any activity that we do throughout the day. Food is our fuel and eating is non-negotiable. We simply cannot function without it.

I know what you’re thinking: we get that food is energy and we need energy. But we don’t need all types of food to function properly, right? Some foods are just not necessary, even though we enjoy them, right? Here’s where the food guilt settles in for the long haul. We are taught to eat certain foods as infrequently as possible, especially if we are assigned female. Think of the targeted ads for low-cal yogurt and “guilt-free” desserts, almost always depicting thin women. They promise us that we too can be feminine and desirable if only we substitute the foods we enjoy for 85 calories of misery.

But we have to eat, so we soothe the resulting guilt of being “bad” by only ever choosing foods that are considered “good.” At least, we do so in theory. In practice, we obsess over the “bad” foods to the point where allowing ourselves to eat a single bite sends us into an uncontrolled spiral of eating past the point of fullness and feeling horrible about it. It has nothing to do with so-called “willpower;” our bodies are hardwired to make us crave the things we deny ourselves.

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# Relationships: all you need is gasoline and a lighter

Michele Haeberlin  
Staff Writer

Technology has a deep relationship with my generation, which makes sense because we have experienced extreme technological advancements. We are the progressive group of future leaders of this world, and everything we do as we become adults will be affected by our interactions with technology. So what does that mean for our conceptions of love and romance?

I do not try to understand or imitate the kind of extroverted people who just naturally form relationships of any type. Although I am not extremely introverted, I do not just walk into a room of strangers and think, “Oh yay, new people! Let me introduce myself and be friends with all of them!” I am more like, “Why am I even in this theoretical room of strangers? I have homework to do! Is there food here at least?”

When it comes to romantic kinds of relationships, at times I feel like I am light years behind the rest of my generation in that category. I am still fairly new to social media, and technology hates

me. I often have conversations with my phone which involve me yelling at it for not working. Yet, I feel like technology is an integral part of romance for my generation.

Think of the last time you went on a date. Was there any point where you not only were not checking your phone, but didn’t have it with you? Where you were simply enjoying the time spent with the other person, disconnected from the technological world?

I cannot even remember a time when I did not at least have my phone on my person during a date, although I will admit it often comes in handy if the other person is not a pro at small talk. I do not think that is a bad thing, because keeping my phone with me means I can contact any one of my friends in case the date goes bad, helping me feel safer. Also, then I can show whomever I’m on a date with all the millions of pictures of my cute dog, because obviously that is the most important thing we could ever talk about while on a date.

I will not become like my grandparents—or even my parents—and start bemoaning how the younger generations are too disconnected from the world and

always staring at their phone screens. I recognize and accept the value of technology in today’s world and I do not expect it to go away anytime soon. If anything, I expect it to increase until almost everyone in this world is connected to the online universe.

However, I do not understand the effect our technological advancements have had on love. The complex interactions people my age have with their social media accounts and how they let the opinions of these apps affect how they live their lives is not something I think is completely positive.

Take Tinder for example: an app created to help people who would probably not have met otherwise to introduce themselves to each other through a social media platform. The overall goal of this app is commendable because it is attempting to create higher connections between people and broaden the experiences of whom they interact with online and in the real world.

However, the complex dichotomy between the online world and the real world found in an app like Tinder is, I personally believe,

underplayed to a potentially detrimental level.

Through Tinder, people meet mainly based upon pictures of how the other person looks. Right away, this shows the value the app gives to physical appearances and the importance of looking a certain way to find people attracted to you. Also, Tinder is not solely used for people looking for meaningful connections and potentially long-lasting relationships. Some people use it with the simple goal of finding a new person every time they get lonely and for the pure want of physical companionship.

So, what does an app like this say about the value of love, devotion and dignity in relationships? In an app based highly upon physical presentation and ability to change and look appealing to the desires of others, the honesty found in self-confidence is lacking. This is highly problematic in my opinion because apps like this one greatly affect the self-esteem of the people who use them. If a person wears a lot of makeup and revealing clothes and then gets a lot of interest on Tinder, what does that tell them about their self-worth?

Apps like Tinder tend to sexu-

alize people and attribute to them only the value other people find in their physical presentation. These apps promote relations that, at times, are not even relationships because the only mutual connection formed between these two people is the loneliness they feel.

I am not here to say Tinder is bad or that people should not use it. I completely understand the value of an app like this that can connect people who may have poor social skills or who live too far apart to be able to meet. I am sure there are people on apps like this who are confident in themselves and feel able to post pictures of themselves looking silly or without makeup, still feeling secure in their self-worth despite the differing amounts of likes they get from other people.

However, for people who struggle with their self-image and find comfort in the admiration of others, please keep in mind the liminality of an app like Tinder. The people looking at your pictures do not really know you and they do not know every little amazing thing that makes up your unique personality.

The opinions expressed in *The Lawrentian* are those of the students, faculty and community members who wrote them. All facts are as provided by the authors. *The Lawrentian* does not endorse any opinions piece except for the staff editorial, which represents a majority of the editorial board. *The Lawrentian* welcomes everyone to submit their own opinions using the parameters outlined in the masthead.



# On The Cusp of Enlightenment: An Advice Column

By Simone Levy

*Looking for answers? In need of advice from a Taurus-sun, Virgo-moon, Gemini-rising? Think you can stump me? Email Simone at [simone.a.levy@lawrence.edu](mailto:simone.a.levy@lawrence.edu) with your own questions and you just might be featured in next week's column.*

**Dear Simone,**  
**I can't stop thinking about rotisserie! Chicken, pork, bœuf, beaver, all of it on a rotisserie and then in my tummy. Mmm. How can I get this ear worm out of my head?**  
**Sincerely, Jean\***  
Dear Jean,

It seems as if you are at odds with a feisty illness. However, I know just the cure for your ailment. If you drive down College Avenue, turn onto North McCarthy Road and make a left on Integrity Way, you will find yourself at Costco Wholesale. Now, you may be wondering why I brought you to this wholesale mecca. It does not matter now; what matters is that you pay the 60 dollar Gold Star Membership fee (it is an annual fee, so take that into account) and gain access to the warehouse. Once inside, make your way to the back of the store where the treasure is hidden: the commercial-sized rotisserie chicken spit. It is a chicken merry-go-round, if you will, that is sure to satisfy even the most intimate of needs. Mark my words, you will not be able to find a cheaper rotisserie chicken anywhere. Costco's rotisserie chickens famously cost just \$4.99. Stock up on the little guys and be sure to save the bones and bits to make chicken stock. Then, freeze the stock to use on a rainy day. Hopefully, by satisfying your need for rotisserie on a Costco-sized scale, the ear worm of rotisserie will begin to weasel its way out of your ear canal, leaving you and your chickens alone.

**Dear Simone,**  
**Should I watch "Naruto" to improve my immune system?**  
**From Juliet**

Dear Juliet,  
The short answer is "yes," and the long one is "absolutely." As a licensed doctor†, I am within my rights to address this concern. I can personally attest to the healing powers of "Naruto," and I encourage everyone to soak up the powerful medical ninjutsu that Sakura Haruno performs in the show. Everyone knows that "Naruto" is the best medicine for a weakened immune system. If you ever suffer from kidney stones, however, your best route is going to be watching "Ouran High School Host Club." Best of luck to you and your immune system.

**Dear Simone,**  
**Do u [sic] think we should have a big coffee vending machine in the library?**  
**Molly**

Dearest Molly,  
No. We do not need a big coffee vending machine in the library. I do not like coffee unless it is either coffee ice cream or a blended ice drink, commonly known as a frappe. What I do think the Seeley G. Mudd Library is in need of is a "f'real" machine. For those unfamiliar with the luxury of a "f'real," you obviously have never been to a Wawa or a Fox Convenience store. A "f'real" is a self-serve milkshake machine. You pick out your flavor from the "f'real" "vault" of milkshake blanks, if you will, and place it in the magical milkshake machine. You then select your thickness and the machine goes to work, blending a delicious, frothy, just-to-your-liking milkshake. It is one of the greatest things on this earth, and Seeley G. Mudd goes would benefit greatly from its addition to the first floor of the library. The one-size milkshakes cost just \$2.99—unless purchased on "f'real Fridays" for two dollars. So no, Molly, the library does not need a coffee machine. The library needs a "f'real" machine. Or alternatively, one of those crazy Coke machines where you can get any flavor of Coca-Cola product would also be a positive addition to the library.  
While I am on my milkshake box, if I may, I would like to address "Milkshake Mondays" at Kaplan's Café and Coffee Shop. As you may have guessed by now, I love a good milkshake. Everyone loves milkshakes. I have never met someone who does not have a taste for milkshakes and if there is one, then I do not want to meet them! Anyways, "Milkshake Monday" is a brilliant concept, relative to the previous tradition of having "No Milkshakes All Week." However, now that we have a taste for the milkshakes, I would like to propose an addendum to "Milkshake Mondays." Why do we not have "Milkshakes All Week?" There is no reason this should not happen, and I refuse to entertain any logistic reasoning that anyone has as to why milkshakes can only be a once-per-week deal. That is all I have to say as of now.

Signed, Simone

\*Names have been changed at sender's request.  
† I am not a doctor.

# The pants we love to hate

**Mara Kissinger**  
*Staff Writer*

I hate jeans. The fashion icon appears everywhere and can be found in so many closets in the U.S., yet I find them to be a terrible pant for many tendencies that we have in our society. My pants closet used to only consist of jeans, and I wore them every single day, but when I would come back at the end of the day I couldn't wait to get them off. Oftentimes, I would have marks on my stomach dug there by the jeans' waistband. The one major problem I have with jeans is that they do not stretch. Background info on me: I have Irritable Bowel Syndrome (IBS), and the medication I take for it means that I am bloated all day every day. This has made jeans a nightmare for me to wear, as they will fit for approximately one hour of the day and the moment I eat a bite of anything, they are uncomfortably tight. This is not a problem unique to me.

Every single person on this earth bloats after a meal. Our stomach is digesting and creating gas, so it just happens. However, this also means that to a certain extent, everyone who wears jeans is struggling with the problem that I have. At one point or another, well-fitting jeans will kind of hurt! Sure, you could unbutton them, but I feel like if you have to modify your clothing on a daily basis to feel comfortable, there is something wrong with your clothing. There is yet another glaring problem with jeans—even a difference of ten pounds to your frame can make a good pair of jeans unusable. Not everyone has the money to keep buying new well-fitting jeans and not everyone has the storage space to keep a wardrobe of jeans fully stocked with a pair for every possible size you might be. It also becomes a sick sort of game that we start playing with ourselves: which of my jeans am I going to fit into? We keep smaller jeans around just in case that new diet works and we finally shed those pounds.

However, these aspirational pairs of pants just serve as a way to shame and guilt ourselves. I viscerally remember the feeling of jeans that fit me only a year ago suddenly

becoming far too tight to even pull all the way up. It presents what we consider to be a failure. "Getting fat" is rendered so perfectly in that one moment of horrifying realization, so not only are we hurting ourselves with tight waistbands, we're also having to buy more jeans and torture ourselves over it. All of this is totally unnecessary. Jeans aren't always the best option.

Despite the fact that we seem to abhor them, pants with elastic waistbands actually make a lot of sense. Not only are they more comfortable, but you can also adjust them so much more to your body size than you can with jeans. Sure, you can make oversized jeans smaller with belts, but there is no negotiating at all with undersized jeans. Once jeans get too small, there is just no salvaging that pair of pants. This is made especially maddening if you don't have the money to afford expensive pairs of jeans regularly. This can all be helped with pants that are roomier and stretchier. If you gain or lose weight, a built-in adjustable waistband can do wonders for ensuring that it is much harder to outgrow your pants. There is also no need to fuss with small zippers and buttons, which for some people can be very difficult.

Sure, jeans are durable and strong, but most of us in the US aren't working jobs that require such durability. Cotton, for example, is also durable, but it has the added bonus of having much better breathability. A cotton polyester blend can help with heat retention as well. Both of these fabrics are much more forgiving and softer than jeans. On top of that, other fabrics can also be long-lasting and much more comfortable. We tell people—especially those who are assigned female at birth—that fashion is first and foremost the most important thing about ourselves and our first impressions. Not looking good is something we can tolerate less than wearing comfortable clothing. This is a ridiculous concept, considering how many of us are working desk or customer service jobs and would probably prefer to be comfortable

*See page 12*

# No Phone Zone

**Cassie Gitkin**  
*Op-Ed Editor Emeritus*

Chances are, if you see someone alone, they're probably on their phone. I'm guilty of this too—texting while waiting for a friend to meet me for dinner, scrolling through "Man Repeller" articles before class starts and sending memes to my friends when I should be asleep. If a person followed you around and interrupted you hundreds of times a day, you would probably get pissed off within a few minutes. This is what we allow our phones to do. And rather than becoming annoyed, we become dependent on the constant interruptions.

It's true that our phones are packed with useful information—in this digital age, it's easy to stay connected with friends and access virtually any information ever known by human beings. Yet, the desire to stay informed has become a compulsive reflex to be constantly checking platforms and websites that update faster than any human has time to process.

The only person more irritat-

ing than the phone-aholic is the holier-than-thou phone minimalist ("I just feel sooooo authentic after deleting all my apps!"), and neither are sustainable options for a balanced life. Everybody is different—the same social media platform that might trigger anxiety in one person could serve as another's crucial connection to their international friends. The complexity of our phones is part of the reason it is so difficult to disconnect. Perhaps you're waiting for an important email from a job you've applied to, so you leave your ringer on. This is a rational choice; you'll want to know as soon as possible whether or not you've gotten the job. But once your notifications become audible, suddenly your phone is pinging every minute with spam emails, social media notifications, reminders to check into apps, discounts at your favorite stores and messages from that girl you went to high school with trying to scam you into joining her pyramid scheme. Trying to do something responsible for yourself—making sure you're notified about a job opportunity—has

turned into a stress-inducing deluge of information that you don't need in that moment, or even at all. This barrage of information is entirely intentional. Former Google Design Ethicist and co-founder of the non-profit Center for Humane Technology Tristan Harris has dedicated his career to recognizing and reconfiguring the ways technology affects our society. His work recognizes the ways technology—including apps, websites and phones themselves—is strategically designed to hijack our time and keep us vulnerable to outrage, stress and persuasion. From calling out Snapchat streaks for turning conversations into competitions to recognizing Instagram's algorithms designed to keep showing pictures and products that erode self-worth, Harris is demanding that technology companies be more ethical in their design decisions.

Not everyone can dedicate their lives to ethical technology design, however. While many technology companies are taking small steps forward by providing consumers with tools like screen time tracking and adjustable time limits

for apps, much of the responsibility for managing our screen time lies on us. There isn't an easy solution to our constant distraction. Because our phones are useful in so many ways, it might not be a reasonable option to chuck every iPhone on campus into the Fox River. Plus, it's polluted enough already. However, it might be worth taking inventory of how much time each of us spends on our phones and how it makes us feel—not only in the moment that we're on our phones, but in every moment. It doesn't seem too much of a stretch to assume that waking up in the morning and immediately scrolling through a social media feed full of angry political opinions and heavily edited pictures might cloud that day's events. And constantly checking your phone on a date could not only keep you from forming an emotional bond with a new partner, but might also straight up insult them.

It's our individual responsibility to notice these behaviors in ourselves and our social responsibility to notice them in the people we care about. Phone usage is a sensi-

tive topic; many people use their phones as an unhealthy escape from the stressors of everyday life. Your friends might not be receptive to feedback or could get defensive about the phone glued to their hand. As with any other unhealthy behavior, you can explain to your friends that you're only looking out for them. Try gently suggesting that you both keep your phones off the table during mealtimes. Going technology-free with someone else, even for a short period of time, can be a grounding and rewarding experience.

There's a difference between unhealthy phone habits and serious addiction to technology. If the thought of putting your phone aside for an hour fills you with dread, maybe it's time to check in with yourself about the fears you associate with being disconnected from your phone. Is it just FOMO, or is there something more serious at hand? Starting the conversation about cell phone habits—both with yourself and with others—is a crucial step forward in responsibly and respectfully using technology.



Photo Poll

Anton Zemba  
Staff Photographer

What is something that you would like to see fixed on campus?



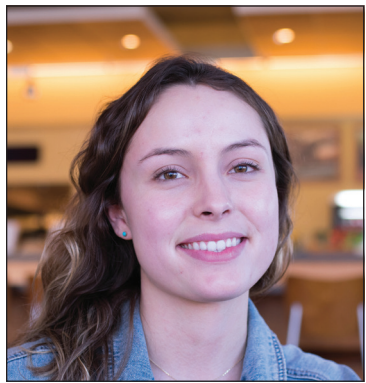
“Better resources for computer science students.”  
—Adrian Opon



“The chairs to be put outside the cafe again.”  
—El Goblirsch



“Healthier options in the cafe.”  
—Mariel Lopez



“I want to see students to be allowed to live off-campus.”  
—Frannie Gefke



“I want them to change the music in the cafe.”  
—Yuta Hayashi



“The vending machine in Plantz that took my money. I’m \$5 short now.”  
—Esmeralda Liz



“Main Hall Green.”  
—Lauren Kelly



“I want students to be more appreciated on campus.”  
—Angela Caraballo



“The Sauna. Or more executive parking spots.”  
—Charles Stewart

Body Talk

continued from page 10

Those studies supposedly proving the addictive effects of sugar in mice? They only found that effect when the mice were deprived of food. The mice that were fed normally had no interest in bingeing on sugar. Guilt leads to deprivation, which leads to bingeing, which leads to guilt...you get the point.

Those feelings of guilt are not necessary, nor are they productive. People who feel no guilt about eating certain foods do not feel out of control around those foods—quite the opposite. The less guilt we feel, the more freedom we have to decide what and how much we eat.

Really. By relinquishing the reigns and letting our bodies decide what they want, we take away the power of food guilt to poorly make those decisions for us.

Food is important, but it is not the most important thing in our lives. Obsessing over food and feeling guilty about what we eat takes up valuable brain space that could be used for more productive endeavors. Food guilt does not actually contribute to our health, but rather impedes our happiness.

So, thank you, random middle-aged lady in Erb’s, for reminding me just how far I have come since the days of obsessing over my food. And to those of you who aren’t there yet: I hope to see you soon. Life is better here...we have cookies.

The Pants

continued from page 11

above anything else. At the end of the day, we really should be investing time and effort into devising clothes that are long-lasting, cool-looking and, above all, don’t make us hate ourselves. We should also consider why the pants that people deem most fashionable and put-together are built in a way that make us all feel bad in one way or another.

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